A person will be freed from evil habits such as drinking wine, committing adultery etc. if he says this Beautiful Name of Allah 7 times daily.

79. AL-BARR
(THE SOURCE OF GOODNESS)

"All goodness flows from the divine source. Whatever good you accomplish is but a drop from His ocean of beneficence passing through you."

- Ibn Ata'Allah al-Iskandari (d. 1309 CE)
Source: "Kitab al-Tanwir"
(The Book of Illumination)

Excessive recital of this Beautiful Name will drive out from the heart the love for this mundane and temporary world.
If read 7 times and blown on a newborn baby, it will be protected from all harms, Insha Allah - Al Hisnul Hasin

BI'ISMIHI TA'AALA

Asmaa ul Husna

—

The Most Beautiful Names of Allah ﷻ

Ml.Moosa Kajee

AL-BARR ﷻ (THE DISPATCHER OF FAVOURS ﷻ/ THE EXTREMELY KIND AND GRACEFUL ﷻ)

The word is derived from birr which means to be kind and do goodness. Allaah ﷻ is kind to His servants in this manner that He ﷻ showers favours upon them and reforms their conditions. He ﷻ is that Being who is compassionate to His servants, He ﷻ desires ease for them, and does not desire to place them into difficulty. He ﷻ forgives many of their sins through His grace, and He ﷻ does not take them to task for every sin. For every good action, He ﷻ grants a tenfold reward, but for sins, only one sin is recorded. He ﷻ records for them a reward for merely intending to do good, whereas there is no sin for a thought to do evil.

There is no person in the world upon whom Allaah ﷻ's favours are not found, as Allaah ﷻ states,

وَاَسۡبَغَ عَلَيۡكُمۡ نِعَمَه ظَاهِرَةً وَّ بَاطِنَةً

And He has completed His outward and inward favours upon you. (Luqmaan)

By outward favours is meant those favours which can be perceived by the intellect and senses. Internal favours are those which man cannot understand or sense. Both these types of bounties are so numerous which cannot be enumerated.

This is with regards to worldly matters. In the hereafter, only those will attain Allaah ﷻ's graces who are granted divine proximity and are placed in the shade of His special illuminations, and not those whom Allaah ﷻ will enter into the Fire due to their sins.